

# Ready for School. Set for Life.

Partnering with parents and families to help all children stay healthy and succeed in school.



## Parent Guide to First Things First Funded Programs in Pima County

## Contact

### *Are you a parent or caregiver looking for resources and support?*

- **Home Visitation**

Gives young children stronger, more supportive relationships with their parents through in-home services on a variety of topics, including parenting skills, early childhood development, literacy, etc. Connects parents with community resources to help them better support their child's health and early learning.

- **Parent Education Community-Based Training**

Strengthens families with young children by providing voluntary classes in community-based settings such as parenting groups, nutrition education, and support and education for teen parents

**Casa de los Niños**

(520) 624-5600 ext. 306

**United Way of Tucson & Southern AZ**

(520) 903-3954

**Teen Outreach Pregnancy Services**

(520) 888-2881

### *Do you have parenting questions, or need advice?*

**Birth to Five Helpline**

Helps families with young children get free answers to their toughest parenting questions.

**Southwest Human Development**

1-877-705-KIDS (5437)

### *Do you want information about your child's physical or oral health?*

- **Nutrition/Obesity/Physical Activity**

Improves the health and safety of young children by providing community-based health education on a variety of topics including: healthy food choices and appropriate physical activity.

- **Oral Health**

Decreases preventable oral health problems in young children.

**Pima County Health Department**

(520) 741-4313

- **Health Insurance Enrollment**

Increases children’s access to preventive health care and builds community awareness of the availability of public health insurance options.

This program provides outreach and education to families and health professionals about the importance of preventative health care such as public health insurance, dental visits by age one, immunizations, and referral information for developmental delays.

**Child-Parent Center**

(520) 623-2512 ext. 77304

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***Want to see how reading and play can help your child learn?***

**Community-based Literacy**

Helps parents support their young child’s love of words and books.

**Make Way For Books**

(520) 721-2334

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***Do you need to find a preschool?***

**Expansion Pre-K and Head Start**

Increase the number of 3- and 4-year olds enrolled in high quality preschool programs that prepare them to succeed in kindergarten and beyond. This program is only available in the Tohono O’odham Nation region.

**Tohono O’odham Nation Education Department**

(520) 383-8750

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**First Things First Southeast AZ Regional Area Partnership Councils**

**For more information contact:**

SE AZ Regional Office at (520) 628-6650 or

Lisette DeMars, Community Outreach Coordinator at adm-ldemars@azftf.gov or 520-271-2978

Ginger Yrun, Community Outreach Coordinator at adm-vyrun @azftf.gov or 520-444-2859

**Areas Served:**

**North Pima, Central Pima, South Pima,  
Tohono O’odham Nation and the  
Pascua Yaqui Tribe**

Call the program contact numbers listed to learn if this program is available in your neighborhood